

IN THE ABSTRACT:

The present invention relates to a A reciprocating seal used, for example, for a shock absorber. A main seal lip 32 has a two-step lip structure including a first lip $32a$ and a second lip $32b$ and a plurality of protrusions 34 extending in the direction of the shaft are formed on a sliding contact surface of the second lip $32b$, thereby improving frictional force characteristics and, at the same time, improving sealing performance.